

2Fruit in Pudding35

Number of Servings: 35 (138.72 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 5 3/4 | lb | Mixed Fruit, peach pear grape, w/lt syrup, cnd, drnd, USDA |
| 4 3/4 | oz | Pudding, vanilla, sug free, rducd cal, dry mix, svg |
| 8 1/2 | cup | Milk, nonfat/skim, w/add vit A & D |

Nutrients per serving

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (139g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 80 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 110mg | 5% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 1g | 4% |
| Sugars 11g | |
| Protein 3g | |
| Vitamin A 6% | Vitamin C 4% |
| Calcium 6% | Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature below 41 degrees F.

DRAIN FRUIT WELL, Measure AFTER DRAINING. Measure out 1/3+ cup drained fruit per serving (ie if making 50 servings measure out ~ 17-18 cups drained fruit).

1 pound drained fruit = 2 - 2 1/2 cups drained fruit .

Beat pudding mix into COLD milk in bowl or mixer with wire wip for 2 minutes. Fold in well drained fruit. Portion into serving dishes immediately. Refrigerate.

If there is not enough refrigeration space to portion and refrigerate, portion and refrigerate Home Delivery only and refrigerate the rest in bulk. Dish it up as you serve the rest of the meal.

Pudding should not be on tables or out at room temperature more than 10 minutes prior to service.

-3/4 cup serving = #6 spoodle = 1 fruit serving + other (pudding)

-3/4 cup serving = 18 grams CHO = 1 Carb Serving

Notes

DRAIN FRUIT well prior to preparing pudding.